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metroNEWS

Plus: Rosemary Westwood on why the kiss is such a big deal metroVIEWS

Unwanted guest meets grizzly end

WILDLIFE

B.C. family confronts bear that let itself into their house

The first hint that there might be some trouble in the Traverse family home in Kimberley, B.C., early Sunday morning came from the dog's frantic barking.

When Niki Traverse opened her bedroom door, the pooch raced under the bed.

"Mark, he was like, 'Don't let the dog out. There's coyotes, there's bears,'" she recalled her husband saying.

But it was his last bit of advice — that she might want to close the window — that Traverse could have used before a grizzly bear invited itself into the house.

"It was in the entryway with its head in the closet where we keep the cat and dog food," she said. "I saw the back end of it and I freaked, I lost it."

She ran back to her bedroom and used enough expletives to convince her sleepy husband there really was a bear in the house.

Mark Traverse is a hunter and keeps his guns locked in their bedroom. He put on his pants, loaded his gun with shaky hands and reached for the light switch, she said.

"As soon as he turned on the light, it came into the kitchen and charged at him," Traverse said.

Two shots put the bear down less than two metres from her husband in the middle of their kitchen, she said. Mark Traverse used a third shot to ensure the bear was dead less than a metre from their son's bedroom door.

Brad Traverse was sleeping and, when he heard his mom scream, he assumed she saw a spider.

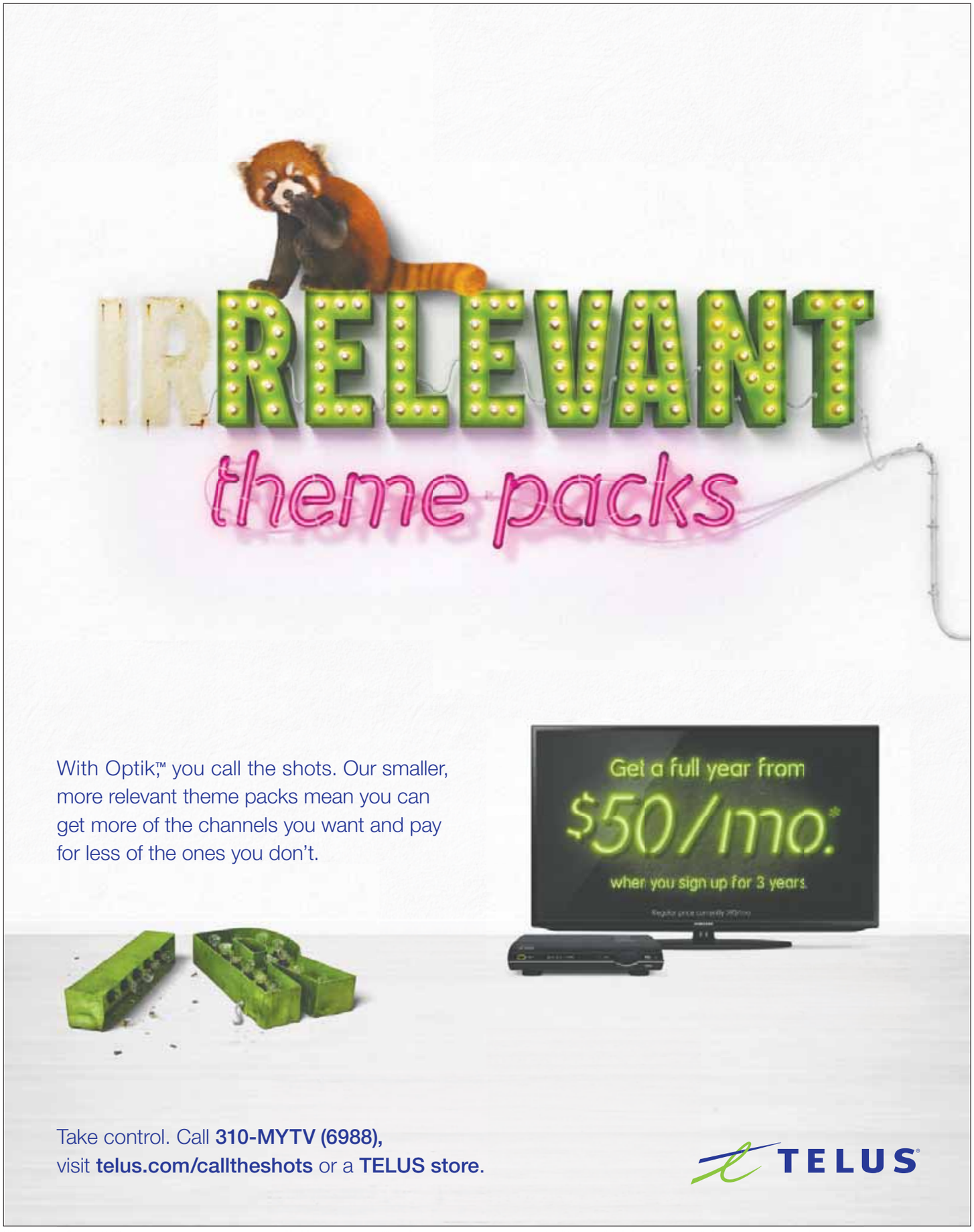
"I hate spiders and sometimes there are big ones," she said.

A conservation officer later told the family that he'd never dealt with a grizzly encounter inside a house.

"But this one, for whatever reason, it was very sick and it was very, very hungry," Niki Traverse said.

The bear was estimated to be between 10 and 15 years old and weighed between 180 and 270 kilograms, she said.

The conservation officer told the family they did everything right, including locking away their garbage and any other attractants. THE CANADIAN PRESS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metro NEWS

Your essential daily news

Astronauts chow down on lettuce grown in space. **World**

Swim lesson registration a 'huge waste of time'

ACTIVITIES

Payment provider crash left parents frustrated

Emily Jackson
Metro | Vancouver

Signing your kid up for swim lessons in Vancouver is harder than snagging hot concert tickets, parents complained on social media after technical snafus delayed the online registration system on Monday.

Trying to land your preferred time slot at the preferred pool — parents say this is always a challenge — was even worse than usual.

The park board's new $2-million system called ActiveNet, which for the first time allowed people to register for swimming lessons at all facilities instead of one at a time, wasn't working due to problems with the external payment provider, general manager Malcolm Bromley said Monday.

Bromley emphasized the crash was simply with the payment provider, not with ActiveNet. He likened it to going to a restaurant when their credit card system is down.

A swimmer does the butterfly stroke at a city pool in Vancouver. TWITTER: @PARKBOARD

Regardless, the flaw left anxious parents, many who paused their days to hover over their keyboards to vie for spots at 9 a.m., unsure whether their children were signed up or if they paid multiple times. They then had to repeat the process at noon.

Jason Teetaert spent half an hour at work trying to register his two sons, aged seven and nine, for swimming lessons after his wife couldn't make a payment. It didn't work.

"It's kind of like when concerts sell out in an hour," Teetaert said.

"It was obviously a huge waste of time for Vancouver residents … I would love to know the lost productivity."

Teetaert, an electrical engineer, was able to sign his boys up at noon, but was frustrated that the city took a long time to respond to questions on Twitter.

Other parents weren't so lucky.

"Not fair to parents who have to work. I've spent 40 min already and now have to give up. Kid will be so disappointed. I am," Jennifer Douglas posted.

Bromley said a maximum of 500 spots were filled in the morning, leaving the vast majority of the 10,000 spots still available. Bromley doesn't expect the problem to reoccur and said the cloud-based system has much higher capacity than the old system, which had to be replaced because it is no longer supported by the vendor.

Still, Bromley apologized for the inconvenience.

"No matter what the cause was, we're here to serve the pubic."

Fentanyl may be behind 16 overdoses

Thandi Fletcher
Metro | Vancouver

Police are warning illegal drug users about a bad batch of pink-coloured heroin they suspect is tainted with fentanyl, following a spike of 16 overdoses on Sunday.

Sgt. Randy Fincham, spokesman for Vancouver Police, said police were advised of six overdoses within one hour between 7:30 p.m. and 8:30 p.m., and another 10 overdoses throughout the day.

"The ingested drugs were pink," Fincham said in a statement. "The toxic substance has yet to be determined but it is suspected that fentanyl may be the cause."

Police are reminding drug users to be cautious, to not use alone and to start with a small amount.

Fentanyl-laced drugs have been responsible for several recent deaths in the Metro Vancouver area. Last week, a 17-year-old boy died and his friend was hospitalized after taking what police believe to be fake Oxycontin that was laced with fentanyl.

In July, a North Vancouver couple were found dead after they ingested toxic levels of fentanyl in combination with other drugs.

According to the B.C. Coroners Service, the percentage of overdose deaths linked to fentanyl has risen to more than 25 per cent in the past three years.

Support others with mental health, addiction and housing issues as a

Community Mental Health and Addictions Worker

Community Mental Health and Addictions Workers assist individuals with mental health, housing and addiction challenges by encouraging and supporting them in their daily lives. "Probably one of the biggest challenges with this type of work is learning to leave your own judgments, hopes and expectations at home," says Clare Hacksel. "Once we realize it isn't about fixing people but giving them the dignity and respect that they deserve, the job becomes incredibly rewarding." Community Mental Health and Addictions Workers work in shelters, transitional housing, single residential occupancy hotels, supportive permanent housing, outreach programs, life skills services, recreation and wellness programs, food programs, health services, and recovery and treatment facilities.

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WILDFIRES

Public urged to heed fire area restrictions

Alice D'Eon
For Metro | Vancouver

The BC Wildfire Service is imploring people to respect area restrictions after being forced to escort several groups out of the area surrounding the Wood Lake wildfire in the past week.

The fire, which continues to burn 20 kilometres north of the community of Harrison Hot Springs, now covers about 1, 325 hectares. Fire crews were able to get the fire 40 per cent contained over the weekend, aided by relatively cool temperatures and scattered showers, but restrictions for the public remain firmly in place.

"When members of the public enter an area where a wildfire is burning or where fire suppression operations are in progress, they can put themselves, wildfire crews and others at risk," said fire information officer Jordan Turner in a statement.

It is suspected that the Wood Lake wildfire was human-caused and preventable.

1,447

The BC Wildfire Service has responded to 1,447 wildfires across the province since the beginning of April, 352 more than at this time last year.

RESEARCH

UBC scientists may have found obesity gene

A gene found in every cell in the body that could be a cause of obesity has been discovered by scientists at the University of B.C.

Research found that the gene, which encodes a protein called 14-3-3zeta, when "silenced" in mice resulted in a 50 per cent reduction in a specific kind of "white fat" that is associated with obesity and diabetes.

The reduction in fat occurred despite the mice consuming the same amount of food, said Gareth Lim, a post-doctoral fellow in UBC's Life Sciences Institute.

He said the mice bred to have higher levels of the 14-3-3zeta protein were noticeably bigger and rounder, having an average of 22 per cent more white fat when fed a high-calorie diet.

"This has been four-and-a-half years in the works," Lim explained in an interview.

"It's still obviously in the very early stages, but it could one day lead to a very novel therapy," added Lim, who worked on the project with James Johnson, a UBC professor of cellular and physiological sciences.

The research could be the first step in finding a drug to suppress the gene and block the protein, thereby reducing fat accumulation in obese people, Lim said.

He began investigating the 14-3-3 family of proteins because it often shows up in the unhealthy fat tissue of obese people.

NEAL HALL/FOR METRO

New Westminster Coun. Chuck Puchmayr and Fire Chief Tim Armstrong get ready to hoist a rainbow flag to celebrate the kickoff of Pride week in New West on Monday. NEAL HALL/FOR METRO

New West launches Pride week festivities

LGBTQ

Events, including street party, run until Aug. 15

Neal Hall
For Metro | Vancouver

New Westminster kicked off Pride week on Monday and expects 20,000 to turn out for the Pride street party Saturday.

Pride week began at New Westminster City Hall with a Pride-flag-raising ceremony attended by city councillors, staff, the fire chief and members of the LGBTQ community.

Vance McFadyen, the founder of New West Pride week, said 10,000 people turned out for last year's Pride street party and double that number are expected Saturday.

The street party will feature performances on two stages, including a concert by Bif Naked, four beer gardens, food trucks, vendors and an area for children's activities. The event will take over Columbia Street in New West from 4th to Begbie streets from 3 to 8 p.m.

New West MLA Judy Darcy said during the flag-raising ceremony that the local school district should be credited for recently developing a gender and sexual diversity inclusion policy, which supports and values diversity, including transgender people.

The New West Pride Society announced Monday that the school board was to receive the president's award for its new gender inclusion policy.

Last month, shortly after New West painted its first rainbow crosswalk at the intersection of Church and Columbia to honour Pride, it was allegedly vandalized by a 91-year-old man who poured white paint over the crosswalk.

It was quickly cleaned before the white paint dried.

At the time, police said the alleged vandal was arrested and taken to hospital for evaluation.

The New West Pride Festival runs until Aug. 15. For a list of events, go to newwestpride.ca.

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HEALTH

Methadone access cuts HIV risk, study finds

Increasing access to methadone treatment through primary-care doctors and pharmacies significantly cuts the spread of HIV, according to research involving Vancouver residents addicted to opioids.

Injection drug users who were not prescribed methadone were almost four times more likely to become HIV-positive, found the study, published in the medical journal The Lancet HIV.

Methadone treatment prevents withdrawal from opioids such as heroin.

The findings provide critical support for British Columbia's methadone maintenance program, which is currently being reviewed by the provincial government, the study's lead author said.

"If you were on medication for your diabetes but you had to travel across your city to get your medication every day from a specialty clinic, and not go to your pharmacy around the corner, you'd be significantly less likely to go," said Dr. Keith Ahamad, with the BC Centre for Excellence in HIV/AIDS.

The treatment has been controversial, and the government's review involves some pharmacies being shut down because staff were providing financial incentives to patients filling their prescriptions.

Health Canada handed responsibility for methadone programs to the provinces in 1996, when the new study began.

Between 1996 and 2013, researchers followed 1,639 HIV-negative injection drug users.

They found the vast majority of 138 people who were infected with HIV over that time were not taking methadone.

THE CANADIAN PRESS

Reporter accepts apology

SQUAMISH

Teen disrupter remorseful about on-air incident

Emily Jackson
Metro | Vancouver

CBC reporter Megan Batchelor has accepted an apology from the teen that ambushed her live broadcast to kiss her cheek and take a selfie at the Squamish Valley Music Festival.

Batchelor, who filed a report with Squamish RCMP about the Friday incident that left her angry and embarrassed, spoke with the 17-year-old Saltspring Island resident Daniel Davies after he reached out to her on Monday.

And Davies owned up to what happened. Speaking to Batchelor on a clip that aired on CBC radio, Davies voice shook with emotion.

"Honestly I think at the moment I thought it was a joke, then I stepped in your shoes. That's when I kind of realized that it all was not a joke at all," Davies said. "That's your career. It's also your body, and you have complete control over that and without anyone else's consent, they do not have the right to do anything to anyone."

> **"Honestly, I think at the moment I thought it was a joke, then I stepped in your shoes. That's when I kind of realized that it all was not a joke at all.**
> Daniel Davies

"I wish I understood that before I did it."

Batchelor is relieved he is taking the incident seriously. The complaint is in the RCMP's hands, but she told CBC she does not want to see him end up with a record.

Batchelor received a flood of cruel online comments for her decision to report the incident.

"The support has been amazing, but the negativity wasn't something I'd geared myself up for," she told Metro.

Yet Batchelor doesn't regret reporting the incident, which caught her off guard when she was just trying to do her job.

"This is just something that's happening way too often," she said, noting many colleagues have experienced similar things or have been shouted at with the disgusting and inexplicably popular phrase "F--- her in the p---."

"I felt like not doing anything would make it look like I'm condoning it."

The negative reactions to her decision — many accuse her of overreacting — reinforce how serious the situation is, she said.

"I just really hope these people think for a second… this is a conversation that needs to be happening."

MUMFORD AND SONS:
WHAT A SHOW

Marcus Mumford, of the British rock band Mumford and Sons, played the headline spot at the Squamish Valley Music Festival on Aug. 9. The festival attracted a record attendance of more than 118,000 people this year, selling out on both Saturday and Sunday, according to organizers of the three-day event that also featured Drake and Sam Smith. "Putting these artists on one of the most beautiful outdoor settings in North America is a once-in-a-lifetime experience," said Erik Hoffman, Live Nation vice-president, in a statement. "It's amazing to generate this much support." JENNIFER GAUTHIER/FOR METRO

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NDP Leader Tom Mulcair speaks before signing copies of his new book Strength of Conviction in Toronto on Monday. Politics followed Mulcair at the event, as protesters demanded to know his stance on the Energy East pipeline.
GALIT RODAN/THE CANADIAN PRESS

Harper makes bold stand

ELECTION 2015

Tory leader slams rival opposition as misguided

The Liberals and the NDP would fight insurgents overseas by doing little more than "dropping aid on dead people," Stephen Harper said Monday as he doubled down on the Conservative party's tough-on-terror strategy.

With this week's return of Mike Duffy promising another barrage of banner headlines and awkward campaign-trail questions, Harper struck a defiant tone as he defended putting Canada front and centre in the global fight against militants in Iraq and Syria.

He showed a softer side, promising to take in 10,000 more refugees from both countries over the next four years and to spend $90 million to help protect artifacts and places of worship from the Islamic State of Iraq and the Levant (ISIL).

But when talk turned to Canada's aggressive military approach, Harper's language grew sharp as he described how ISIL was engaged in "mass slaughter at an alarming, lightning pace" when the Conservative government got involved.

"If your policy is humanitarian assistance without military support, all you're doing is dropping aid on dead people," he said during a campaign stop in Markham, Ont., describing the position of "diaspora groups" in Canada.

"That's not acceptable. We're a country that can contribute militarily and in a humanitarian sense, and we are doing both."

Harper brushed off the criticisms of NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, who have rejected military action and called for Canada to stick to providing humanitarian aid.

Offering safe haven to refugees simply isn't enough, he added.

When asked about his eyebrow-raising promise Sunday to impose an outright ban on travel to regions controlled by terror groups, Harper repeated the day's sound bite of choice, saying such travel is "not a human right."

That's political posturing, Trudeau scoffed during a morning event in Montreal, calling the idea a distraction meant to draw attention away from the Conservatives' dismal economic record.

NDP Leader Tom Mulcair began the day in Toronto, attending a book-signing event that had been scheduled long before the election campaign was.

Politics, however, stood up and demanded attention.

Friendly protesters armed with banners stood up and confronted the NDP leader about his position on the Energy East pipeline, demanding to know if he would oppose the project if it proved incompatible with national action on climate change.

Sure, Mulcair replied.

"That's what the whole purpose of coming in with a new system is to make sure that we take into account climate change whenever we analyze a project."

THE CANADIAN PRESS

ITINERARIES

Where the leaders are:
Today, Mulcair is scheduled to be in Quebec, Trudeau will be in Montreal, and Green Party Leader Elizabeth May will be in B.C. Harper's itinerary was unavailable.
THE CANADIAN PRESS

PARLIAMENT HILL

Shooting reports released by city

Steve Rennie
Metro | Ottawa

There were not enough security guards on duty to quickly lock down Ottawa City Hall the day a lone gunman shot and killed a soldier on sentry duty at the National War Memorial and stormed Parliament Hill, according to a report released by the City of Ottawa.

The three guards stationed at city hall needed the help of bylaw officers — who fortunately happened to be in the building — to help them secure the premises after Michael Zehaf Bibeau launched his deadly attack last October.

"It is not possible for the three security guards that work within the facility to conduct a quick and effective lockdown of the City Hall and Heritage building with the existing physical security strategies and equipment," the report noted.

That is just one of the findings of a trio of reports that looked at how the city responded to the Oct. 22, 2014, attack in the nation's capital — including one with a number of recommendations that city staff had refused to divulge.

The findings of the reports call into question the city's assessment of its response to the attack, which lauded Ottawa's emergency management program as being "effective and efficient." Indeed, one of the reports found a "lack of guidelines, policy, plans or procedure for city facilities in relation to protective measures for staff and the facilities."

It found internal communications to city staff and people inside city hall were "slow and inconsistent," while the messages relayed to these people were "not precise with clear instructions/directions." The report also said there were "inter-agency struggles in relation to roles and responsibilities."

These findings are now coming to light following Metro's complaint to the province's information commissioner over the city's decision to censor all of the recommendations of its March report on the city's response to the October 2014 shooting.

The city has now released all 20 of the recommendations it had previously refused to divulge (the censored copy of the report released to Metro in June wrongly said there were 94 recommendations). The recommendations in the city's report are based on the findings of two separate reports done by consulting firms Lansdowne Technologies Inc. and Security Through Safe Safe Design Inc.

Anthony Di Monte, the city's acting general manager of emergency and protective services, said Ottawa had never experienced anything like the shooting last October. City Hall — with its multiple entry points — was built at a time when the threat of global terrorism wasn't as top of mind, he added.

> **"It was not only a tragic, but an extraordinary experience for the city, for the country, right? We finally had terrorism on our soil. Unfortunately, we saw what was happening in the rest of the world."**
> Anthony Di Monte

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An anniversary of violence

FERGUSON

Police shoot young man, claim they were returning fire

A man who authorities say opened fire on officers in Ferguson, Mo., on the anniversary of Michael Brown's death was critically wounded when the officers shot back, St. Louis County's police chief said early Monday.

Chief Jon Belmar said at a news conference that officers had been tracking the man, who they believed was armed, during a protest marking the death of Brown, the black, unarmed 18-year-old whose killing by a white Ferguson police officer touched off a national "Black Lives Matter" movement.

The man approached the officers, who were in an unmarked police van, and opened fire, Belmar said. The officers returned fire from inside the vehicle and then pursued the man on foot when he ran.

Jonathan Tremaine kneels on the steps of the Thomas F. Eagleton Federal Courthouse at the start of a protest outside the building, Monday, in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

The man again fired on the officers, the chief said, and all four officers fired back. He was struck and fell.

The man was taken to a hospital, where Belmar said he was in "critical, unstable" condition. Authorities didn't immediately release the identities of anyone involved, but Tyrone Harris told the St. Louis Post-Dispatch that the injured man was his son, 18-year-old Tyrone Harris Jr.

None of the officers was seriously injured. All four have been put on standard administrative leave. They were not wearing body cameras, Belmar said.

The shooting happened shortly after a separate incident that the chief called "an exchange of gunfire between two groups" rang out around 11:15 p.m. Sunday while protesters were gathered on West Florissant Avenue, a business zone that saw rioting and looting last year after Brown's killing. The shots sent protesters and reporters running for cover.

> **There is a small group of people out there that are intent on making sure that peace doesn't prevail.**
> St. Louis County Police Chief Jon Belmar

The chief said an estimated six shooters unleashed a "remarkable" amount of gunfire over about 45 seconds.

Belmar waved off any notion that the people with the weapons were part of the protest.

"They were criminals. They weren't protesters," he said.

The man who fired on officers had a semi-automatic 9 mm gun that was stolen last year from Cape Girardeau, Missouri, according to the chief. THE ASSOCIATED PRESS

RESEARCH

Growing salad in space

These are the salad days of scientific research on the International Space Station. On Monday, for the first time astronauts munched on red romaine lettuce that they grew in space.

After clicking their lettuce leaves like wine glasses, three astronauts tasted them with a bit of Italian balsamic vinegar and extra-virgin olive oil.

Astronaut Kjell Lindgren pronounced it awesome, while Scott Kelly compared the taste to arugula. They talked about how the veggies added colour to life in space. THE ASSOCIATED PRESS

Red romaine lettuce from the ISS's vegetable growth system. NASA/THE ASSOCIATED PRESS

STUDY

UberX reduces drunk driving

Ride-share service UberX isn't just getting scrutiny from regulators in the U.S. Researchers at Temple's Fox School of Business in Philadelphia say the service might even save lives.

In their paper, Show Me the Way to Go Home: An Empirical Investigation of Ride Sharing and Alcohol Related Motor Vehicle Homicide, scholars Brad N. Greenwood and Sunil Wattal report that in California, "the entrance of UberX result(ed) in a 3.6 per cent — 5.6 per cent decrease in the rate of motor vehicle homicides per quarter."

In other words, UberX has a positive impact on reducing drunk driving.

The study goes on to say that traditional Uber services do not have the same impact on DUIs. There's something special about the UberX service itself.

UberX, ride sharing app Uber's low-cost option, essentially empowers everyday people with cars to act as de facto cab drivers, picking up users and dropping them off via Uber's app.

JOSH KRUGER/METRO PHILADELPHIA

TURKEY

Crackdown on ISIL, Kurds, Marxists

Two female assailants opened fire at the U.S. Consulate in Istanbul on Monday and at least six Turkish security forces were killed elsewhere in a day of heavy violence in Turkey, where a government crackdown has targeted militants from the Islamic State of Iraq and the Levant (ISIL), Kurdish rebels and far-left extremists.

Turkey has seen a sharp spike in clashes between security forces and rebels of the Kurdistan Workers' Party, or PKK, in the a wake of its campaign against PKK targets in Iraq in tandem with airstrikes against ISIL militants in Syria. Hundreds of suspected militants have also been rounded up at home.

No one was hurt in the attack on the U.S. Consulate, which came just weeks after Turkey agreed to take a more active role in the U.S.-led campaign against ISIL and to allow the U.S.-led coalition to use its bases in the fight. On Sunday, the U.S. military announced that a detachment of six F-16 fighter jets and some 300 personnel had arrived at Turkey's southern Incirlik Air Base.

A far-left group that carried out a 2013 suicide bombing on the U.S. Embassy in Ankara claimed it was involved.

Both assailants fled, and one was later shot and taken into custody. The Revolutionary People's Liberation Army-Front, or DHKP-C identified her as 51-year-old Hatice Asik and said she was a member of the group, which is considered a terrorist organization by the U.S. and Turkey. The other assailant was still at large.

In a statement on its website the group described Asik as a "revolutionary" fighting American oppression and vowed to maintain its struggle until Turkey is "cleared" of all U.S. bases on its territory. THE ASSOCIATED PRESS

BACKGROUND

Turkey has recently started taking a more active role against ISIL militants. Last month, it conducted aerial strikes against ISIL positions in Syria and agreed to let the U.S.-led coalition use its bases for its fight against ISIL. THE ASSOCIATED PRESS

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Travel Nov 2 – Nov 16

Most Popular Travel Oct 4 – Oct 21	from $985 Air Canada
Premium Economy Travel Oct 6 – Oct 20	from $1539 Air Canada

Amsterdam
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from $899
Travel Oct 2 – Oct 17

Most Popular Travel Oct 21 – Nov 3	from $1225 Air Canada
Premium Economy Travel Nov 4 – Nov 18	from $1699 British Airways

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from $999
Travel Nov 2 – Nov 16

Most Popular Travel Nov 2 – Nov 16	from $1099 United Airlines
Business Class Travel Sep 22 – Oct 6	from $1549 United Airlines

Rome
On Sale
from $1099
Travel Nov 9 – Nov 24

Most Popular Travel Oct 20 – Nov 2	from $1229 Air Canada
Business Class Travel Oct 5 – Oct 19	from $3625 KLM

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HUNGARY

Asylum requests double

Hungary has received 110,000 asylum requests so far in 2015, more than double the total for all of last year, the head of the country's immigration office said Monday.

Zsuzsanna Vegh said registered asylum seekers were directed to one of Hungary's refugee centres to await decisions over their requests, but that most leave the country before their cases are settled.

"A significant number of those who we send (to the centres) never arrives at the institution," Vegh said on state radio, adding that they were now sheltering some 4,500 refugees, double their normal capacity.

Hungary received 42,777 applications for asylum in 2014.

Alarmed by the growing numbers of migrants, Hungary's government is building a 175-kilometre fence on the border with Serbia, which is scheduled to be finished by Aug. 31.

Planned to be 4 metres high, for now only three strands of razor wire have been laid out on sections of the border where the government says human traffickers are most active. An Associated Press video journalist saw galvanized steel posts and rolls of wire mesh in the border area, expected to be assembled soon.

In Budapest, hundreds of migrants gathered near the city's main railway terminals, waiting to go to a refugee centre or to countries further west in the European Union, such as Germany or the Netherlands.

Sitting at Pope John Paul II Park, near the Keleti train station, a 26-year-old man from the Syrian city of Homs said the fence would not deter those escaping war and extreme poverty.

"We have mostly walked over 3,000 kilometres to come to Europe," said the refugee who would give only a nickname, George. "Some wires are not going to stop us."

Hungarian national police say they detained an average of 1,530 migrants a day in the week before the fence construction began on Aug. 3. In the week since, the daily average was 1,543.

Babar Baloch, spokesman for the UN's refugee agency in Central Europe, said the number of refugee families with young children was rising.

"The trend is clearly that the refugees are on the move," Baloch said, adding that his organization was also encountering more and more unaccompanied children whose parents, in one example, had died after their boat capsized near Greece.

THE ASSOCIATED PRESS

Greek coast guard saves 1,417 migrants from sea

AEGEAN SEA

Hundreds more reach coast and walk to main towns

Greece's coast guard rescued more than 1,400 migrants near several Greek islands in the eastern Aegean Sea over the past three days as the pace of new arrivals increases, authorities said Monday.

Tens of thousands of people, many of them fleeing conflict in Syria and Afghanistan, have been making their way from the Turkish coast to nearby Greek islands in inflatable dinghies, overwhelming cash-strapped and understaffed authorities on the islands. The vast majority then head to mainland Greece and from there, try to reach more prosperous European Union countries by either walking across the Balkans from northern Greece, or sneaking onto Italy-bound ferries from the west.

The 1,417 migrants rescued between Friday morning and Monday morning were picked up at sea in 59 incidents off the coasts of the islands of Lesbos, Chios, Samos, Agathonisi and Kos, the coast guard said.

Those figures do not include the hundreds of others who manage to reach the islands' coasts themselves, walking to the main towns to turn themselves in to local authorities and receive registration papers.

The increasing pace of arrivals comes on top of the roughly 124,000 migrants who reached the Greek islands by boat in the first seven months of 2015. In July alone, there were 50,000 arrivals, about 70 per cent from Syria. Most land on five islands: Lesbos, Chios, Kos, Samos and Leros.

124,000

Roughly 124,000 migrants reached the Greek islands by boat in the first seven months of 2015 — a 750 per cent increase from the same period last year, according to UNHCR.

In all, 156,726 migrants had been arrested for entering or remaining in the country illegally from January through July this year, compared to 32,070 for the same period last year, the Greek police said.

The numbers have overwhelmed cash-strapped and understaffed police and coast guard officials on the islands, where authorities are unable to keep up with the new arrivals and process them fast enough, leaving many living on the streets or in precarious temporary shelters.

Tension has often escalated on several of the islands, with fights breaking out among groups of migrants, or between migrants demanding faster processing and coast guard or police officers.

THE ASSOCIATED PRESS

Migrants wait behind a fence for a registration procedure outside a police station at southeastern island of Kos, Monday. YORGOS KARAHALIS/THE ASSOCIATED PRESS

HMS HOOD

Bell recovered from ship sunk in WWII

An American philanthropist and investor has recovered a bell from a British battleship that was sunk in the North Atlantic during World War II.

A team led by Microsoft co-founder Paul Allen retrieved the bell from the HMS Hood, once the largest warship in the world and the Royal Navy's symbolic flagship. The Hood was sunk by the German ship Bismarck in the Denmark Strait between Greenland and Iceland in 1941. All but three of the Hood's 1,418-strong crew perished.

A first attempt in 2012 to recover the bell from the wreck — lying at 2,800 metres (9,186 feet) deep — failed because of poor weather conditions and technical difficulties. Britain's Royal Navy and Allen's website said Monday a second try, using a remotely operated vehicle and working with shipwreck search company Blue Water Recoveries, succeeded on Friday.

THE ASSOCIATED PRESS

IN BRIEF

Teacher faces sex charges

A former teacher who was arrested in January over accusations of having sex with two students now faces more charges. The Louisiana Attorney General's Office says 40-year-old Kimberly Cooke was booked Friday on five counts of carnal knowledge of a juvenile. It was her second arrest on sex charges. It remained unclear Monday whether the five counts involve the same students.

THE ASSOCIATED PRESS

STUDY

Parasite in tadpoles just one more threat

Scientists have identified a new problem for amphibians, which are already shrinking in numbers: A parasite is infesting tadpoles worldwide.

The family of parasites, related to a bug that attacks oysters, has been found in the livers of frogs and tadpoles on three continents and in both temperate and tropical climates.

Researchers linked it to a mass die-off of tadpoles in a state of Georgia lake and probably elsewhere in the United States.

The global distribution of the newly identified threat to frogs was published Monday by the Proceedings of the National of Academy of Sciences.

Study lead author Thomas Richards said amphibian numbers are already falling because of habitat loss, climate change, fungus and other diseases.

He said this new parasite is just one more threat.

THE ASSOCIATED PRESS

A patron buys popcorn and a drink at a Cineplex theatre in Toronto. The cost of going to the movies has risen steadily over the last decade or so. CONTRIBUTED

Cutting prices for moviegoers

THEATRES

Despite rising admission costs, there are tricks to saving money

Once a go-to family outing, trips to the movies are now almost as pricey as dinner at a nice restaurant.

Movie ticket prices in Canada and the U.S. have risen steadily over the last decade or so, from an average of $6.21 in 2004 to $8.17 in 2014. At Cineplex theatres, the country's largest chain, admission for an adult costs around $13; for children and seniors, it's $9 and $9.50, respectively.

Still, there are ways to reduce the cost of seeing a movie. Here are a few tips:

Stay loyal: New rules aside, a Scene membership is still an easy way to score free movies. Members receive a Scene card, which earns points for movies watched and offers discounts on snacks. There are also Scene debit and credit cards through Scotiabank. Members earn a point for every $1 spent.

Try Tuesday: Cineplex offers discounted fares on Tuesdays. Tickets for a regular screening cost $7.99. Scene members get an additional 10 per cent off.

Go indie: Rainbow Cinemas sells adult tickets for $10; kids' and senior tickets are $6 and students cost $7.

Head outdoors: There are a number of free outdoor screenings this summer.

Look for promos: Cineplex is offering a Family Favourites deal, through which families can attend a Saturday matinee of an older movie for $2.99 per ticket.

Dine wisely: Theatre popcorn and candy is marked up — so, to cut costs, consider taking your own food. For instance, major theatre chains can sell chocolate bars for $4 to $6. The same candy is available at Dollarama for $1 to $2. TORSTAR NEWS SERVICE

IN BRIEF

Russian economy dives
Government figures show the Russian economy was 4.6 per cent smaller in the second quarter than the previous year in the wake of plummeting oil prices and Western sanctions. The Russian currency also dived Monday, falling below 64 rubles a dollar.
THE ASSOCIATED PRESS

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NATURAL GAS: $2.84 US (+4.4¢)
DOW JONES: 17,615.17 (+241.79)

DIET PEPSI

Aiming for sweet spot, just not in Canada

A revamped Diet Pepsi without aspartame is popping up on store shelves in the U.S. So will people start flocking back to the soda?

PepsiCo says its new Diet Pepsi should be available across the U.S. this week. In response to customer feedback, the company said earlier this year that it would replace the aspartame in the drink with another artificial sweetener that has less baggage.

But Canadians won't be seeing the new format. Diet Pepsi in Canada will continue to be sweetened with aspartame, the company wrote in an email to The Canadian Press.

"There are no changes to any cola beverages in Canada at this time," said Sandy Lyver of PepsiCo Beverages Canada.

The rollout in the U.S. will test the theory that the sweetener is to blame for fleeing customers, or if other issues might be at play. Other diet sodas that still have aspartame include Diet Coke, Diet Dr Pepper and Fanta Zero.

Sales of traditional diet sodas have been falling. Industry executives blame the freefall on unfounded concerns people have about aspartame.

It's not the first attempt by PepsiCo Inc. to lift flagging sales of Diet Pepsi. In 2012, the company tried improving the drink by combining aspartame with acesulfame potassium, often called ace-K, another artificial sweetener that helps prevent the taste from degrading over time. The latest version of Diet Pepsi will also have ace-K in addition to sucralose, best known by the brand name Splenda.

The new cans will be marked with the words "Now Aspartame Free" above the Pepsi circle logo.
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metro VIEWS
Your essential daily news
Tuesday, August 11, 2015

metro's election explainer

Can Conservatives legally outlaw travel to ISIL-controlled regions?

Maybe not, but it's murky.

What the PM says

This week, Prime Minister Stephen Harper announced that if re-elected he would make it a criminal offence to travel to regions he called "ground zero for terrorist activity," particularly, members of his party later said, the parts of Syria and Iraq controlled by the group that calls itself Islamic State of Iraq and the Levant (ISIL). The measure is meant to prevent Canadians with radical views from leaving the country to join armed groups abroad. A similar rule exists in Australia, though in general blanket-travel restrictions are rare in developed countries. (It's unclear how useful this ban would be, because the House of Commons passed a bill in 2013 that made it explicitly illegal to travel to another country to commit a terrorism offence.)

What other leaders say

Opposition leaders have dismissed the move as campaign-season bluster. Justin Trudeau accused Harper of trying to distract Canadians from the wobbly economy, while Thomas Mulcair said, "There's little evidence to show that this will have a concrete effect."

What the law says

Harper said travelling to conflict hot spots is "not a human right." But the proposal could find the PM at odds with the Canadian Constitution, says University of Toronto law professor Kent Roach. And that means the policy might not hold up in court if challenged under the Charter of Rights and Freedoms.

"It would limit the right of Canadian citizens under Section 6 of the Charter (of Rights and Freedoms) to leave Canada. It would have to be justified as a reasonable limit," Roach said.

What rights groups say

Some human rights lawyers are concerned the proposal promotes a guilty-until-proven-innocent mindset, while the Canadian Civil Liberties Association says it will disproportionally affect certain ethnic groups.

It isn't clear what exceptions would be allowed, but Conservatives confirmed that tourism, business and religious pilgrimages won't cut it. Even with exceptions, some groups fear the ban could put red tape and delays in the way of activists, filmmakers, journalists, people doing humanitarian or diplomatic work and those travelling to care for ill or elderly relatives.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

More cars to go mean more transit is needed

YOUR RIDE
Karen Quinn Fung

Say you have an appointment somewhere in town, a trip that you're not used to making. If you're anything like me, a long list of questions will follow. "How far is the bus stop from where I am or where I'm going?" "How much am I carrying today?" "What's traffic like at this time of day?"

For more and more of us, there are now two more questions on the list: "Is it worth it for me to use a car to get there?" and "Is there a car I can use nearby?"

These questions are no doubt familiar to other members of the four car-sharing companies operating in Metro Vancouver. With two free-floating (one-way) and two station-based car-sharing services, Metro Vancouver residents have voted with their wallets to use car-sharing for occasional short car trips through Vancouver, as well as in central areas of Richmond and North Vancouver.

For Car2Go, the service has proven so popular here that it recently doubled its fleet to 1,250 total vehicles, making it the largest the world.

Those trying to argue that car-sharing is a reaction to the results of the transit plebiscite or the poor quality of transit in Metro Vancouver have it charmingly backwards. We built our region for all modes, so that people can get by without purchasing their own vehicles outright.

A look at the business model of car-sharing bears this out. For free-floating car share services like Car2Go especially, profitable systems require that cars be used by members throughout the day multiple times. Car2Go had to adjust its coverage area in its North American home city, Austin, Texas, because the cars in its least profitable zones were being used half as often as their cars in the most successful ones.

The more new residents can reliably choose among our region's flexible travel options, the more the rest of us can enjoy less congested roads.

In contrast, Car2Go's Vancouver coverage area has only ever grown since its start in 2011. We can make an educated guess as to what's going on differently here.

Demand for cars and trips is highest during rush hours. But successful mobility sharing — whether it's cars or eventually bikes — requires destinations outside the core city areas, resulting in people "reverse commuting" so that vehicles can be turned over repeatedly.

As luck would have it, This is also a necessary ingredient for cost-effective transit systems.

Growing car-share fleets should be understood as one more sign that our region needs more, not less, transit service. The more new residents can reliably choose among our region's flexible travel options, the more the rest of us can enjoy less congested roads to get where we need to go.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD
metroview

Why there's so much bloody fuss about one on-camera kiss

This isn't the hot take.

This isn't an attempt to feed the media storm or public-shaming machine against 17-year-old Daniel Davies, who planted a kiss on the cheek of a TV reporter in Squamish last weekend, and snapped a selfie. This is an attempt to explain why we're talking about it so bloody much.

To quote one boss, "If it was a hot blonde in a bikini top kissing a man, this wouldn't be happening." The kisser wouldn't have faced the threat of the RCMP, she meant (the complaint against Davies was dropped yesterday after he apologized). A male reporter might be annoyed or pissed off, but he wouldn't turn it into a national story. There wouldn't be the hoopla.

I couldn't agree more. But that doesn't mean that reporter Megan Batchelor acted out of line by going to the police. It means you can't compare apples to oranges, or men to women.

Equality between the sexes doesn't exist.

When women live in perpetual fear of rape (ask them, they do), when their bodies are viewed as the playthings of men (still) and when violence against women remains at pandemic proportions, guess what: Women are going to be defensive over their bodies and sexuality.

And rightly so.

It's not good enough to say, "Oh, it's just a kiss!" No, it's not. It's an unwanted kiss, the kind that got 65-year-old Narinder Jain in Ottawa charged with multiple counts of sexual assault after he went on the most bizarre of sprees — a kissing spree — this summer.

It's also not good enough to wonder, "What's the big deal?" The big deal is, women in our society feel that their bodies are constantly under attack. Women who work in TV, in particular. Take the FHRITP prank.

If we didn't have rampant sexual violence, if we indeed had equality, the kiss might have been laughed off. Batchelor mightn't have taken unwanted advances to be part of a continuum of assault women fear every day. But that's not our world.

What this all means for some guy's hook-up strategy, I couldn't care less. The world is not becoming a colder place because men have to worry about not offending the women. And if even if it is, well, that's a small price for some to pay compared to the price women (and men) are paying for sexism.

If you want a society where good-natured signs of affection aren't misconstrued as sexual assault, then consider building the kind of society where women aren't living in fear of sexual assault. We could use your help.

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Harpist turns pluck into Style

VIRAL VIDEO

Emilie Kahn wins fans with cover of Taylor Swift song

Some musicians would do anything to capitalize on an endorsement from Taylor Swift — but that's simply not Emilie Kahn's style.

The Montrealer has gathered significant attention for her austere cover of Swift's Style, which she played on the harp. Her intimate take on the song has been posted by Time, Entertainment Weekly and BuzzFeed — not to mention Swift herself, who retweeted Billboard's post on the song.

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom.

"It's become a bit overwhelming," she conceded in a telephone interview recently, noting that she had to stop monitoring the clip's ever-climbing YouTube view count (more than 200,000 hits and counting).

"It's getting a lot of attention, which is super exciting, but it's also kind of scary just to be, I guess, famous on the Internet.

"I don't want to be known as the girl who did the Taylor Swift cover," she added. "I think with the Internet and all these clickbait websites, it's kind of easy for you to put out a video and it just becomes a piece of content for people to share.

"People are reacting really well to the video, saying this touched me and this changed my life — so that's amazing to hear. But I'm also worried that next week it'll be onto the next thing."

Canadian musician Emilie Kahn, above, caught the attention of Taylor Swift, inset, and racked up major YouTube views with her harp version of the singer's song Style. YANI CLARKE/HANDOUT

In fact, this should just be the beginning for Kahn.

Emilie & Ogden's debut, 10,000, is due out Oct. 2. It's cinematic and wrenching, with lyrics about "pain and heartbreak" — not necessarily autobiographical, she notes — finding an ideal vessel in Kahn's gossamer voice and mournful instrument.

The arrangements on her album are significantly fuller than her stripped Swift cover, although Kahn says her Style is an accurate indication of the intimate feel of her live show.

She chose to interpret the song because she wanted a cover in her set and she's "kind of just a big fan" of Swift.

"(Style) has a really unique mood," Kahn observed. "She writes a lot of huge pop hits, but I think they always have a really specific subject matter. This song is about the time after you break up with someone and you keep going back to each other.

FAME AND A HARP WITH A NAME

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom. "It's become a bit overwhelming," she concedes.

"I thought that was a very interesting mood that you don't see a lot in pop music."

Kahn was born in Toronto but spent her formative years in Montreal. She began writing songs as a teen but couldn't commit to an instrument, wandering from flute to piano to guitar.

She went to music school, still trying to locate her passion for piano, when she attended a concert and noticed a harpist accompanying the choir.

"It was love at first sight," recalled Kahn, noting that she's been playing for five years. "When I discovered the harp, it changed my life."

Kahn concedes that while she's stopped absorbing feedback related to her Style cover, she might be encouraged by the top-voted comment lurking on YouTube.

"I can't believe I've never heard of you before," wrote a user named Toni C. "I'm definitely buying your album in October. You're absolutely amazing!"

Informed of this, Kahn laughed: "That's nice to hear."

THE CANADIAN PRESS

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She's learned to love running

THE MILE HIGH RUN CLUB

Lena Dunham's coach shares his tips

Emily Laurence
Metro in New York

If you think you'll never be one of those people who runs five miles before work or trains for a marathon, don't write yourself off so fast.

Lena Dunham recently confessed she hated running her whole life — until she started training with Matt Wilpers of the Mile High Run Club. "Working with Lena was an awesome experience for me," Wilpers tells us. "I helped transform her attitude about fitness by helping her build confidence." Here, he shares how you can start enjoying it, too.

Set specific goals

If you aren't one of those people who just naturally loves to run, you need a reason to do it or it can seem a bit pointless. "Some people (set a goal) to work up to their first race, such as a 5K," Wilpers says. "Other people, like my dad, start running to improve their overall health. I think it's really important to set specific and measurable goals so you can track your progress."

Switch it up

If you think running is boring, try it in a new way. Wilpers says he grew up running the mountain biking trails in his hometown. While that may be hard to do in an urban area, cities boast amazing skyline views. Never underestimate the power of beautiful scenery to make you look forward to a run. Another new way to challenge yourself: Take a treadmill class.

Do it with a friend

Making friend-dates for a run and indulge in a post-workout smoothie gives you something to look forward to, with the bonus of holding yourself accountable to actually work out. "Before you start running with a friend, set expectations about the run so you can accomplish your goals," Wilpers says. "Then you can spend more time enjoying the company of your friend."

> **It's really important to set specific and measurable goals.**
> Matt Wilpers, running coach

Come up with a motto

Wilpers says he has lots of mottos that he lives by, but his favourite is "Sharp Body, Sharp Mind." A running motto can keep you going and also can bleed into other areas of your life. "As long as I maintain my fitness, I think clearly and make better decisions," Wilpers says.

"Not usually one to post a paparazzi shot but this fills me with pride," Dunham wrote on her Instagram account when she posted this pic. INSTAGRAM/@LENADUNHAM

BREAKUPS

Women hurt more, recover better: Study

Women endure more emotional pain when a relationship ends, but once recovered, they could be in better shape than their former other halves, a researcher says.

"Put simply, women are evolved to invest far more in a relationship than a man," says evolutionary researcher Craig Morris of Binghamton University in the U.S., who was involved in recent study on the topic. "A brief romantic encounter could lead to nine months of pregnancy followed by many years of lactation for an ancestral woman, while the man may have left the scene literally minutes after the encounter, with no further biological investment."

Most of us will experience at least one breakup that causes pain significant enough to decrease our quality of life for weeks or even months, according to the study.

Although men feel less pain, they never fully recover, according to the study — they simply move on.

It's a question of biology, says Morris, remarking that women have more to lose by dating the wrong person.

"It is this risk of higher biological investment that, over evolutionary time, has made women choosier about selecting a high-quality mate," says Morris. "Hence, the loss of a relationship with a high-quality mate hurts more for a woman."

Working with 5,705 participants spanning 96 countries, Morris and his team asked them to rate the emotional and physical pain of a breakup on a scale that represents no pain at one and ascends to 10, at which point the pain is unbearable.

Women reported higher levels of emotional pain, averaging 6.84 on the scale, while men averaged 6.58. Women's physical pain averaged 4.21 while men's was only 3.75.

For men, their evolution has led them to compete for women's romantic love, which Morris believes diminishes their pain upon losing a high-quality mate.

"The man will likely feel the loss deeply and for a very long period of time as it sinks in that he must start competing all over again to replace what he has lost — or worse still, come to the realization that the loss is irreplaceable," he says.

AFP

IN BRIEF

Research says women push their boundaries more with vacation sex

Study subjects: Over 850 women aged 18 to 50

Results: After participants filled out a survey measuring how risky they perceived certain tourist situations to be, researchers found that being on vacation makes women more open to sexual risk-taking and experimentation.

Being away also ups sexual confidence and makes ladies more likely to push their sexual boundaries.

Significance: Many of the women surveyed said that anonymity played a major role. The ability to anonymously participate in sexual fantasies was a big draw for some.

Others went as far as to say that sexual experimentation and erotic thrills were vacation musts. Researchers say that it's the departure from tight schedules, social judgment and everyday responsibilities that ultimately opens the door.

In other words, being away loosens inhibitions.

AFP

PSYCHOLOGY

This could get ugly: Unsmiling women may be judged harshly

Hadley Boltres
Metro in New York

Psychologist Susan Krauss Whitbourne wanted to look into why only women seemingly suffer from the so-called "resting bitch face" condition.

Men are more respected when they appear thoughtful. But women who don't smile automatically appear cold, according to the RBF theory, writes Whitbourne in a recent Psychology Today post.

Facial muscles constantly respond to one's inner fleeting emotions, she notes, but why do people quickly conclude personality traits based on facial expressions, not just emotions? We assume that the woman is a "bitch," a trait, rather than tired, worried, or angry, all fleeting emotions, she says.

She looks at a study from the University of Glasgow in 2014 that may give us clues into how people judge "RBF." The study assessed dominance, trustworthiness and attractiveness in different facial expressions. The researchers found that we can communicate power and dominance, but attractiveness could not increase through facial muscle manipulations.

The study only looked at men's faces, so, Whitbourne notes, so it can't tell us how perceptions of dominance in mens and women's faces differ.

"But if the RBF theory is true, women looking dominant should be perceived as less attractive than men with similar expressions," she says.

Kristen Stewart has been accused of having an RBF. GETTY IMAGES

HIGH AND LOW DOMINANCE

High dominance
Wrinkling the nose and snarling the lips, show dominance, according to the 2014 study.

Low dominance
Raising and lowering the brows, showing dimples, stretching the lips and lowering the chin.

LONG UNIONS

Iman & David Bowie

Elton John & David Furnish

Jon Bon Jovi & Dorthea

Shannon Tweed & Gene Simmons

Solid as a rock marriage

MODERN LOVE

Gwen and Gavin split but some music couples roll on and on

SOUND CHECK

Alan Cross

The highest-profile conscious uncoupling since Chris and Gwyneth involves Gwen Stefani and Gavin Rossdale, who are calling it quits after 13 years and three kids. There are the usual rumours about cheating with nannies and the usual speculation about divergent career trajectories.

When they met, he was the big dog; now she's the major breadwinner, thanks to her singing career, her clothing line and a gig on The Voice. Bush's best days are behind him. Since there's no pre-nup, California law states that assets must be divided evenly — a good deal for Gavin (his net worth is $35 million vs. Gwen's $80 million).

Gwen and Gavin were often held up as a rock 'n' roll couple who somehow made it work despite all the pitfalls that come with that line of work. We thought we knew about their private lives because of what they chose to share on red carpets, in their lyrics or so-called tell-all interviews. But we don't know what happens once the curtain closes.

However, there are couples that continue to make it work after decades. Bono met Ali when they were 12 and they tied the knot in 1982. Bono acknowledges she tamped down his wanderlust and created a proper home. They continue to bond over family and philanthropy.

> **Keith Richards and Patti Hansen have been together for 32 years.**

David Bowie and Iman have been together for 23 years. He said he was naming their kids the night they met; the connection was that immediate.

Elton John and David Furnish have been together since 1993. They entered into a civil partnership in 2005 and legally tied the knot last December.

Jon Bon Jovi and his wife, Dorthea, met in high school and are now a year beyond their silver anniversary. Jon says he got it right the first time.

Here's a weird one: Gene Simmons and Shannon Tweed. Who would have put odds on the KISS demon staying with any woman? They lived together for 28 years before saying 'I do' in 2011. Gene explained he needs Shannon in his life because she "holds him accountable." Uh-huh.

Maybe the most amazing lesson in marital longevity is Keith Richards and Patti Hansen. They've been together almost 32 years. He credits her with putting him on the straight and narrow. Well, as "straight" and as "narrow" as Keef is capable.

So rock 'n' roll and marriages can work. Then again, why any marriage survives is a mystery. It's a strange blend of timing and alchemy that either works or doesn't. And that applies to everyone.

Gwen Stefani and Gavin Rossdale in happier times. ALL PHOTOS: GETTY IMAGES

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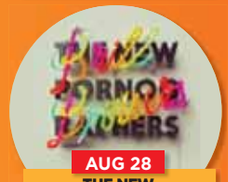
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GOSSIP BRIEFS

Breakup left Watson utterly speechless

Emma Watson says that last year she went through a "horrendous" breakup. How horrendous? It involved a vow of silence. "I felt really uncomfortable," Watson says. "Even before my relationship ended, I went on a silent retreat because I really wanted to figure out how to be at home with myself." NED EHRBAR/FOR METRO

Aniston's secret wedding

Howard Stern has revealed details about Jennifer Aniston and Justin Theroux's secret wedding, including that Jimmy Kimmel officiated. Stern was a guest at the L.A. ceremony last Wednesday that the couple disguised as a bday bash. THE ASSOCIATED PRESS

Nicki calls Meek Mill her 'baby father'

PREGNANCY

Does rapper have a mini Minaj in the oven?

IN HOLLYWOOD

Ned Ehrbar

Meek Mill is probably happy that his name is coming up for some reason other than constantly feuding with Drake.

So what's distracting everyone from that spat now?

Oh, just Nicki Minaj introducing him at a recent Burgettstown, Pa. concert as "my baby father," immediately setting off waves of speculation that Minaj is in fact pregnant — and apparently a fan of mangling popular phrases.

Seriously, baby father?

That just sounds awkward.

As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.

That could really mean a number of things.

This is why people shouldn't release statements comprised entirely of emojis.

It's an imperfect communication system, people.

> **"As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.**
> Ned Ehrbar, on Minaj being coy

INTERVIEWS

FKA Twigs hasn't seen Twilight

Robert Pattinson's fiancée, singer FKA Twigs, sounds like a real delight to interview. An intrepid Sunday Times reporter did her darndest to get through a chat with Twigs, but it doesn't sound like it went very well — especially on the topic of marriage.

"Who told you I was getting married? You might read somewhere that I'm a monkey and it doesn't mean I am," Twigs says. She also starts the interview in tears and ends it with, "I think this could be my last interview."

But the highlight is when she admits she hasn't seen Twilight, the film that made Pattinson a star. NED EHRBAR/FOR METRO

CHARITY

Portman heads to TIFF

Natalie Portman will take to the stage to discuss her varied film career at a brand new charity event for the Toronto International Film Festival. The first annual TIFF Soiree will feature an on-stage conversation, cocktail party and music. The event takes place at TIFF Bell Lightbox on Sept. 9, with tickets starting at $300. THE CANADIAN PRESS

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Pipe band to play show in Glasgow

IN SCOTLAND

SFU to perform sold-out show at Glasgow's Royal Concert Hall

Daniel Hendriksen
For Metro

Ahead of the upcoming world pipe band championships, the Simon Fraser University (SFU) pipe band will play a sold-out show in Glasgow, Scotland.

The SFU group is scheduled to perform to a packed house at Glasgow's Royal Concert Hall Tuesday, with the world championships commencing just a few days later on Friday.

The band is hoping history repeats itself, as the last time it performed at the Royal Concert Hall, it won the 2009 world championships later that week. The world title was the group's sixth first-place finish.

Pipe Maj. Alan Bevan said the group has put in plenty of time preparing for its hectic schedule this summer.

"We've spent the past two years arranging the music and working up the concert sets so we wouldn't have a big crunch at the end, distracting us from our worlds preparations," Bevan said in a press release. "We've been pretty organized about the focus of each band practice, whether competition or concert repertoire, so we can rehearse as efficiently as possible. The music is all going very well and we're looking forward to putting on a great show and having solid runs at the worlds."

The SFU pipe band's roster consists of 52 band members, with 10 members from the Coquitlam area, seven from Burnaby, five each from Surrey and Langley, two from Abbotsford, North Vancouver and Vancouver and one from Maple Ridge.

The band also includes members from Washington, New York, California, New Zealand and Scotland.

The sold-out show will be nothing new for the SFU band. In fact, it is quite experienced playing at international venues.

In addition to the Royal Concert Hall in Glasgow, the band has performed at the Sydney Opera House, New York City's Carnegie Hall and the Lincoln Centre.

The SFU band has claimed previous world championships in 1995, 1996, 1999, 2001, 2008 and 2009.

For more information on the world championships, visit theworlds.co.uk.

SFU Pipe Band. CONTRIBUTED

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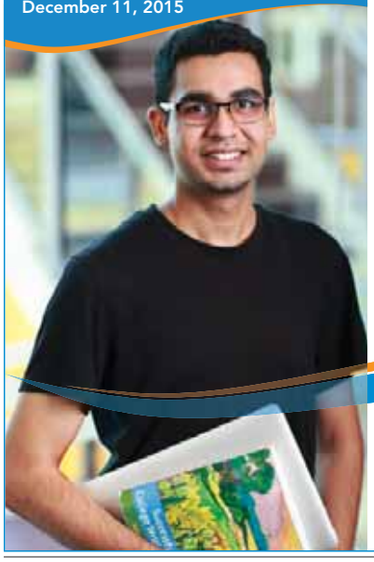

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Learning from those who have gone before you can help smooth the bumps along your pathway to success — and whom better to learn from than a Dragon? Vikram Vij, a restaurateur, celebrity chef, entrepreneur, and TV personality on CBC's Dragons' Den, will be a guest speaker for the MGMT 725 entrepreneurship and venture initiation class today.

It's all part of the added advantages that comes from an education at the New York Institute of Technology, a global, private institution established in 1955 to provide career-oriented professional education.

Opportunities like the Vij speaking engagement are possible due to the connections and influence of NYIT's faculty — both locally and abroad. NYIT offers its local and international students many networking opportunities through its connection with the Vancouver Enterprise Forum, the premier networking forum for technology entrepreneurs in Greater Vancouver.

NYIT's next intake is Sept. 8. Students and professionals are also able to enrol in NYIT Vancouver's new certificate programs — online marketing management and/or SME adviser certificate. For more information, email vancouverinfo@nyit.edu.

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For many immigrants to Canada, the desire to work is there, but finding the right job that best fits their skills, education, and talents can be a challenge. Training Innovations' skills connect for immigrants program has had great success matching talent to opportunity, no matter where that talent comes from.

"Lots of people will say, 'You're a newcomer? You have to work at survival jobs,'" says Eileen Wang, the program manager for the skills connect for immigrants program. "But a lot of people, with our support, have found professional jobs in the fields that they're trained."

Skills connect works with clients and businesses to pre-screen qualified job seekers, offer support through the hiring process, provide post-placement support, and consultation on workplace diversity and employee acquisition and retention strategies.

Training Innovations has been working with immigrants and internationally trained professionals for more than 20 years. The skills connect for immigrants program has been in place since 2006. Services are free for eligible immigrants and local employers.

The proof that skills connect is successful is in the response from its clients.

"Clients are constantly sharing with us that it takes them several years to find professional work on their own, but with us they found a career in months," Wang says.

For more information on the skills connect for immigrants program, please visit skillsconnect.ca or call 604-575-3800.

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Education and training for a job is a two-part process.

First, you need the education. Then you need to find a job where you can apply that knowledge, a process that's increasingly complicated. But students looking for opportunity may find it as part of Vancouver Community College's administrative assistant program.

"It's a great field to get into with a lot of demand for people," says Helen Roberts, the department head for applied business at Vancouver Community College. "Every business, charity, non-profit has an office and they require staff to fill those offices."

The British Columbia Labour Market Outlook 2022, a study created by the provincial government's WorkBC initiative, listed its top 60 expected jobs that require post-secondary training. Sitting atop that list, with an anticipated 17,600 job openings in 2012, is administrative assistant.

There are a number of factors that go into that number. Retiring boomers may be fuelling some of the need, but the changing nature of the workplace also lends to the need for new skills.

"Computers have changed everything, not only for the administrative assistants, but for the people they work for," Roberts says. "The people they work for are all computer literate, so you need to know more than just how to type — you need to learn PowerPoint, Access, Excel, and other programs."

VCC's administrative assistant program is an eight-month, full-time program that features class sizes to a maximum of 23 students. Students move, as a cohort, through the program, with one class in the morning and one in the afternoon. Towards the end of the program, there is a two-week practicum, which is set up by the college, so students can get hands-on, in-field experience.

There are three intake dates for the program: Two classes of 23 start Aug. 29; two classes of 23 start Jan. 4; and one class of 23 starts May 2.

"You progress through the course with the same 22 people, so you develop great supports and contacts," Roberts says. "As it's provincially funded, it's relatively low cost in comparison to the private schools. And we offer great services like tutoring, counselling, daycare — students aren't on their own. It really is a sense of community."

For more information, visit vcc.ca or email Helen Roberts at hroberst@vcc.ca.

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Interior design Tuesday, Aug. 11 - 5:30 p.m. – room 718	Downtown
Access to careers and education Monday, Aug. 17, 11 a.m. - room 236	Downtown
English as an additional language Tuesday, Aug. 18, 6:30 p.m. – room 920	Downtown
University transfer Wednesday, Aug. 19, 3 p.m. – room 1227	Broadway
Adult upgrading Wednesday, Aug. 19, 4 p.m. – room 1227	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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Canada's Graham DeLaet has pulled out of the PGA championship due to a thumb injury

Caps keen on capturing their first Voyageurs Cup

CANADIAN CHAMPIONSHIP

Vancouver meets Montreal Wednesday in first leg of final

The Vancouver Whitecaps didn't bring Pa-Modou Kah in for his scoring touch or his dance skills, but they've been seeing a lot of both recently.

The veteran defender has three goals over his last two games, following up his double in a 3-0 victory over the Seattle Sounders on Aug. 1 with another strike in Saturday's 4-0 home demolition of Real Salt Lake.

The 35-year-old Kah had one goal in two years with the Portland Timbers prior to 2015, and has marked each of his breakthroughs this season with some flashy dance moves.

The gyrations have caught the attention of teammates, while head coach Carl Robinson jokingly described Kah's celebrations as "very poor" over the weekend, something he reiterated on Monday.

"He walks around with a big smile on his face," Robinson said of Kah. "It's great he's getting the goals. It takes the pressure off a few of the other guys, (but) I don't like the dancing. I told him that. I think he can improve on the dancing."

A leader on a young team that finds itself sitting atop Major League Soccer's Western Conference, Kah didn't miss a beat when told of his coach's views.

"Let's just say if we were on (the television show) 'Dancing with the Stars' I think I would go further than him," he deadpanned. "We're having fun. We're enjoying ourselves. We love being around each other. Once in a while you have to break out the old school moves to show these little kids the way."

Kah probably won't be on the field to do that when Vancouver visits the Montreal Impact on Wednesday in the first leg of the two-game, total-goals Amway Canadian Championship final. The Whitecaps have never lifted the Voyageurs Cup and would book a spot in next year's CONCACAF Champions League with a victory over two legs.

"Since the start of the season we've said we have something special here," said Vancouver winger Kekuta Manneh. "We have a special group, but we want to win something. With the group we have we feel like we deserve it."

The Whitecaps qualified for this year's Champions League by finishing with the top MLS record among the league's three Canadian teams last season and are in the middle of a busy August, with Wednesday's fixture quickly followed by a trip to Sporting Kansas City for a league game on Saturday.

"We haven't won anything at this club and we want to win it," Kah said of the national final. "It's our first step in making history. We want it a lot."

THE CANADIAN PRESS

LINEUP

Robinson wouldn't tip his hand as to his exact setup against the Impact, but did say there won't be a wholesale swap like the one he made for last Wednesday's midweek Champions League match against Seattle that ended in a 1-1 draw.

Pa-Modou Kah has three goals in the team's last two regular-season matches. RICH LAM/GETTY IMAGES

IN BRIEF

NHLPA files grievance over Richards' termination

The NHL Players' Association has filed a grievance on behalf of centre Mike Richards, contesting the termination of his contract by the Los Angeles Kings.

The Kings terminated the final five years of Richards' contract on June 29, saying the two-time Stanley Cup champion committed "a material breach" of his deal.

The team and Richards have said nothing else about the circumstances of his termination. But Richards was expected to fight it, since he was due another $22 million.

THE ASSOCIATED PRESS

Probe into Kane involves woman in her 20s: Source

Patrick Kane GETTY IMAGES

A person familiar with the police investigation of Chicago Blackhawks star Patrick Kane tells The Associated Press that it involves something that happened between the player and a woman in her 20s.

The person spoke on condition of anonymity Monday because authorities have not revealed any details of the investigation being conducted by Hamburg police.

THE ASSOCIATED PRESS

Serena Williams has won four tournament titles this year, three of which were Grand Slams. GETTY IMAGES

TENNIS

Serena focused on Rogers Cup, not U.S. Open

One by one, the top eight seeds at this week's Rogers Cup met with reporters in a VIP lounge at the Aviva Centre, and they attempted to handicap the chances of a Serena Slam.

And one by one, this week's top contenders said they liked Serena Williams' chances of capturing the U.S. Open, and everyone was talking about her laying claim to all four Grand Slam titles at once.

Well, everyone except Williams.

The U.S. Open starts in three weeks, and the world's top player says she'll worry about it then. In the meantime, she's focused on staying undefeated and healthy between now and the Rogers Cup final on Sunday.

> **"You don't want to see her in your draw."**
> Garbiñe Muguruza

"I'm not thinking ahead to the (U.S.) Open right now because I'm right here in Toronto," Williams said. "For me it's important to stay in the moment."

At 33, Williams is having the best season of her pro career. She has lost just once in 2015 — to Petra Kvitova, seeded third in Toronto this week. Williams has also lost three matches by walkover, most recently in July when a sore elbow forced her to forfeit a second-round match at the Swedish Open.

But besides those hiccups, Williams has dismantled top competition in high-profile events. Of her four tournament titles this season, three have been Grand Slams.

Among her competitors, Williams' late-career dominance has inspired admiration or consternation, depending on whom you ask.

A July feature in the New York Times referred to how other top women players "chose not to emulate" her physique, even as Williams outclassed them on the court. But the players speaking to the media Monday afternoon uniformly respected Williams' skill and longevity.

"Obviously Serena is a level above us when she's playing well," said fourth-seeded Caroline Wozniacki.

Williams begins the tournament later this week against Italy's Flavia Pennetta.

TORSTAR NEWS SERVICE

ROUND 1

North Vancouver's Philip Bester lost in straight sets (6-2, 6-3) to Gilles Muller of Luxembourg on Monday at the Rogers Cup men's tournament in Montreal.

Canadians at full speed

PARAPAN 2015

Athletes win gold medals at track, pool and velodrome

Jason Dunkerley got Canada's track and field team off to a winning start at the Parapan American Games on Monday.

The visually impaired runner from Ottawa raced to gold in the men's 5,000-metre T11 event, finishing with his guide Josh Karanja in a Games-record time of 15 minutes 39.54 seconds.

Chile's Cristian Valenzuela Guzman was second in 16:21.31 while Ecuador's Darwin Castro was third in 16:34.91.

Jason Dunkerley GETTY IMAGES FILE

"We started off with a consistent pace ... we were able to open up a gap," said Dunkerley, who said the result sets him up well for the Rio Paralympics in 2016.

Daniel Chalifour THE CANADIAN PRESS

"We faced the top two contenders in this race for next year, so this was a good way for us to know how to beat them in the future."

Wheelchair athlete Josh Cassidy of Port Elgin, Ont., also raced his way to the podium on Day 1 of the track meet at the CIBC Pan Am/Parapan Am Athletics Stadium, taking silver in the men's 5,000 T54 race. He finished second to American Daniel Romanchuk in 11:44.92.

"I'm pleased to get a medal," said Cassidy. "I'm proud of the young U.S. guy, he's going to be very good one day."

In other early results Monday, swimmer Aurelie Rivard of St-Jean-sur-Richelieu, Que., won gold in the women's S10 100-metre butterfly, adding to the silver she won in breaststroke earlier in the Games, while teammate Samantha Ryan of Saskatoon captured the silver.

There was more gold at the velodrome as visually impaired cyclist Daniel Chalifour of Mont-Laurier, Que., along with guide Alexandre Cloutier, won the mixed individual pursuit ahead of Colombia and Brazil.

Karen Van Nest of Wiarton, Ont., settled for silver in women's archery, blaming jitters in front of the home crowd for partially costing her gold.

Jane Karla Gogel of Brazil edged Van Nest 140-132.

The Canadian, who was slow to join sports after a motorcycle accident in 1985 left her an amputee, said the exposure Paralympic sport is getting in Toronto is a victory in itself.

"I'm hoping any televised para-sport encourages anyone in a chair, or anyone, whatever their disability, to get out and try sport," Van Nest said. "Because it's the healthiest thing really, for your mind, for your body. It enhances your life. And you learn so many skills." THE CANADIAN PRESS

Alexandre Cloutier and Daniel Chalifour, of Canada, react to the crowd after winning gold in the 4,000-metre tandem pursuit track cycling event in Milton, Ont., Monday. NATHAN DENETTE/THE CANADIAN PRESS

> **"You just keep challenging yourself and that's what I enjoy about sport: doing better and better and better.** Karen Van Nest

Karen Van Nest DAN GALBRAITH/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

MLB

Price, Donaldson named AL co-players of the week

Blue Jays third baseman Josh Donaldson hit five home runs last week. RICK MADONIK/TORSTAR NEWS SERVICE

Third baseman Josh Donaldson and starting pitcher David Price of the Toronto Blue Jays were named the American League co-players of the week on Monday.

Donaldson batted .385 (10-for-26) with nine runs scored, two doubles, five home runs with eight runs batted in from Aug. 3 to Aug. 9.

Price went 2-0 with a 0.60 earned-run average and 18 strikeouts in 15 innings pitched in his first two starts with the Blue Jays.

"can't believe I'm sharing that honor with "big daddy!!" He deserves it outright but I'm honored to say the least!" said Price from his verified Twitter account.

Donaldson replied to his teammate's tweet minutes later.

"haha I was going to say the same for you, but at the end of the day individual awards are nice rings are better!" said Donaldson.

Donaldson and Price have been instrumental in Toronto's eight-game win streak which has launched the Blue Jays in to an AL wild-card spot. Toronto is now 1-1/2 games back of the AL East-leading New York Yankees.

Andrew McCutchen of the Pittsburgh Pirates was named National League player of the week. THE CANADIAN PRESS

BACK ON BUMP

Blue Jays pitcher Marcus Stroman, who tore the anterior cruciate ligament in his left knee during spring training, has been cleared to throw off the mound.

IN BRIEF

Sports infrastructure in Toronto still lacking: Critics

Toronto has invested in world-class sports facilities since its last bid to host the Olympics, but some experts say the city must do more to foster sports and recreation in the community if it hopes to make — and win — a third pitch for the Games.

Concerns over residents' access to sports and recreation were raised during Toronto's bid for the 2008 Summer Olympics, and some in the sports community say the city still struggles to keep up with demand for public sports infrastructure despite the construction of new elite venues for the Pan Am and Parapan Am Games.

The city still lacks a "realistic, sustainable" plan to bolster sports and physical activity and make them more accessible to lower-income residents, said Bruce Kidd, a University of Toronto expert on Canadian sport and the Olympics. THE CANADIAN PRESS

U.S. rowers fall ill in Rio

Thirteen rowers on the 40-member U.S. team came down with stomach illness at the World Junior Rowing Championships — a trial run for next summer's Olympics — and the team doctor said she suspected it was due to pollution in the lake where the competition took place.

The event took place amid rising concerns about the water quality at venues for the 2016 Rio de Janeiro Olympics.

The Americans were by far the hardest hit at the regatta, with reports of vomiting and diarrhea. THE ASSOCIATED PRESS

Government going after Armstrong's medical logs

The federal government says it wants Lance Armstrong's medical records from his 1996 cancer treatments because they could prove just how far he was willing to go to conceal performance-enhancing drug use from the public and his sponsors.

The former cyclist is vigorously fighting release of his medical records from the Indiana University School of Medicine as part of a whistleblower lawsuit in which the government wants to recover more than $30 million in sponsorship the U.S. Postal Service paid Armstrong and his teams. Penalties could reach as high as $100 million. THE ASSOCIATED PRESS

The world is Phelps'

SWIMMING

Most-decorated Olympian ever reasserts dominance at U.S. nationals

Michael Phelps swims the 200-metre breaststroke on Monday in San Antonio, Texas. RONALD MARTINEZ/GETTY IMAGES

Michael Phelps already has far more medals than any Olympic athlete.

There is no longer any reason to doubt he'll have another massive haul in Rio.

Not after an astounding weekend in San Antonio, where Phelps turned in a performance at the U.S. national championships that re-established his place as the world's dominant swimmer.

He churned through the water, his body as ripped and fit as ever, producing times that haven't been seen since the days of the high-tech bodysuits.

"I did what I came here to do," he said Monday.

Phelps was barred from the world championships after his second drunken-driving arrest, so he turned the national championships into his biggest meet of the year.

Never mind that this was an event largely made up of promising youngsters, a few late bloomers and a smattering of big-name swimmers who failed to qualify for worlds.

Hardly the sort of competition that Phelps is used to facing, but he wasn't concerned about the guy in the next lane. His attention was focused on Kazan, Russia — specifically, the winning times at worlds in the 100-metre butterfly, the 200 fly, and the 200 individual medley.

Phelps was determined to beat them all, to prove to everyone he was the real champion.

Mission accomplished.

Phelps' times in the fly hardened back to 2009, when rubberized suits made a mockery of the clock. His performance in the 200 IM was faster than anyone has gone since he won gold at the 2012 Olympics.

"I prepared myself for the best and the worst," he said. "I thought that was something that really made an impact on me being so relaxed. I was ready for anything. That's something I got back to, something I haven't done in a while."

After winning eight gold medals at the 2008 Beijing Olympics, knocking off Mark Spitz's iconic Olympic record, Phelps had largely accomplished what he wanted to do in the sport by age 23. His training fell off.

There was that notorious tabloid picture of him inhaling from a marijuana pipe.

But being Michael Phelps, he bounced back to capture four golds and two silvers at the 2012 Olympics, making him the most decorated Olympian in history. He retired after his last event in London, with 18 golds, 22 medals overall, and supposedly no desire to keep swimming into his 30s.

Well, here he is, about six weeks removed from his 30th birthday, on top of the game again.

THE ASSOCIATED PRESS

IN BRIEF

Panthers' Newton scuffles with teammate after INT

Emotions boiled over and got the best of Panthers quarterback Cam Newton at practice on Monday, culminating in a heated scuffle.

Fights are common in training camps, but they rarely involve franchise QBs.

Cam Newton GETTY IMAGES

Newton went at it with cornerback Josh Norman, with the pair having to be separated by teammates.

The tussle occurred after Norman made an interception against Newton and stiff-armed the QB during his return.

After the play, Newton tackled Norman near the end zone and other players piled on.

Toure torches West Brom

Yaya Toure scored twice in the first half Monday as Manchester City began its Premier League campaign with an impressive 3-0 win over West Bromwich Albion.

Toure scored with two shots from just outside the area in the ninth and 24th minutes as the visitors dominated the match from the start. Captain Vincent Kompany headed in the third in the 59th in a fluid performance that signalled Man City will again be title contenders. THE ASSOCIATED PRESS

Vincent Kompany celebrates Monday with teammates. GETTY IMAGES

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RECIPE Baked Chicken Caprese with Bocconcini and Tomato

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Serves 4
Ready in
Prep time: 10 minutes
Cook time: 17 minutes

Ingredients
- 8 boneless, skinless chicken thighs
- 1/4 cup all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 2 tsp vegetable oil
- 6 oz bocconcini cheese, sliced into 8 thin slices
- 2 plum tomatoes, sliced horizontally into rounds (1/4" thick)
- Chopped fresh basil
Balsamic Glaze (optional)
- 1/3 cup balsamic vinegar
- 2 Tbsp maple syrup

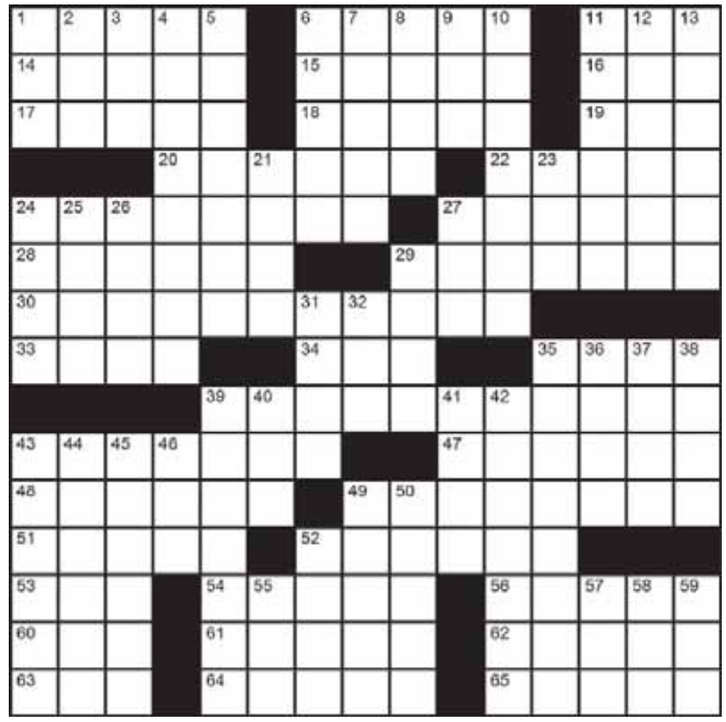
Directions
1. Preheat oven to 400 F.
2. Place flour, Parmesan and salt and pepper in dish. Coat chicken in mixture on both sides.
3. In a large hot skillet, sprayed with vegetable spray, add oil and sauté chicken just until browned on both sides, about 5 minutes.
4. Place chicken in baking dish. Baked for about 10 minutes or until chicken reaches 165 F.
5. Place cheese over top chicken.
6. Set oven to broil. Add chicken dish back in oven and broil for 2 – 3 minutes until cheese melts.
7. Garnish with tomato and fresh basil.
8. Glaze: In a small skillet, add balsamic vinegar and maple syrup. Bring to a boil and cook for 1 – 2 minutes, just until bubbles cover entire surface. Drizzle over chicken.

Nutrition per serving
- Calories 290
- Protein 10g
- Carbohydrates 40g
- Total fat 11 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian pickles brand
6. Chocolate substitute
11. Booker T.'s backup
14. Gregorian __
15. "Drop me _ __." (E-Mail me!)
16. Ginger __
17. Voyageur's craft
18. "Rasputin": 1978 disco hit for __ M
19. Hockey great Mr. Robitaille
20. Encrusting
22. Pontificate
24. The Ugly __ by Hans Christian Andersen
27. Eaten away
28. Resounded
29. Washing __
30. Name of Quebec's flag
33. Gus Van __ (Film director)
34. __-Tac-Toe
35. Restaurant receptacle
39. '_'__ __ (Thingy on the last letter of the answer to #30-Across, as well as on the last letter of #10-Down's answer)
43. Madonna song with a beach music video
47. Older, to a Scot
48. Teacher's correcting pen content: 2 wds.
49. Most weepy
51. Vocally drop a sound/syllable from a word, as per Rockin' instead of Rocking
52. Oscar-winning actress Hilary's
53. Western prov.
54. HBO political satirist Bill
56. French writer Mr. Zola
60. Address book no.
61. There's __ __ to it (It requires some finesse)
62. Up-and-coming Canadian singer/songwriter Francesco
63. Poetry's 'Before'
64. Stage in a dragonfly's life cycle
65. Rap star, __ Dogg

DOWN
1. E-Mail sending option [acronym]
2. Smashing Pumpkins co-founder James
3. Pepsi holder
4. Blow to end the boxing bout
5. Thief
6. Mountain retreat
7. Sing-__
8. Tree growth indicator
9. 1969 Three Dog Night hit
10. Sasha Fierce's alter ego
11. Country in Africa where Lilongwe is the capital
12. __-free bread
13. Break from a group
21. Captain William __ (Sailor hanged for murder and piracy in 1701)
23. Go team!
24. Meanings of words [abbr.]
25. Calif. campus
26. CBS' "Big Brother" host Julie
27. Station fuel
29. House critters
31. Carve into stone
32. Driver's need, briefly
35. Amulet
36. Drive
37. Many a moon
38. Portable dwelling of Mongolia
39. Offensive __ (Football position)
40. Call upon
41. Flatbread variety
42. Flops
43. Produce
44. Joseph __ (Catch-22 novelist)
45. What food is
46. Eliminate
49. Jerk
50. Orbiting astronaut's view
52. Deception
55. "Pick a card, __ card..."
57. '90s judge
58. Mr. DiCaprio, to pals
59. Clairvoyance, commonly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You honestly believe there is nothing you cannot do and that may be true, but don't get so carried away with your own brilliance today that you miss a small but important detail.

Taurus April 21 - May 21
If you rely too much on other people now you will no doubt regret it later on when you discover that they don't know what they are talking about. Sometimes you can be a bit too easygoing.

Gemini May 22 - June 21
Even if you expect the unexpected over the next few days there will still be something that catches you out. The good news is it will be something you like.

Cancer June 22 - July 23
Everything is so quiet at the moment that you could be lulled into a false sense of security. Be careful you don't agree to something that is not in your best interests. You don't have to go along with what others want.

Leo July 24 - Aug. 23
You are entitled to feel pleased with yourself for what you have done, but what you have achieved in recent weeks is only the first stage.

Virgo Aug. 24 - Sept. 23
Your mind has been a bit muddled of late, so don't make any hasty changes. Jupiter's move into your sign today means good things are sure to come your way, but there is no time limit on success.

Libra Sept. 24 - Oct. 23
You seem to be finding it hard to put your thoughts into words at the moment but it could work in your favour as it means you are less likely to give away any secrets.

Scorpio Oct. 24 - Nov. 22
You have come through difficult times relatively unscathed and, more importantly, with your head held high, but don't get carried away because there are more challenges to come.

Sagittarius Nov. 23 - Dec. 21
Are your ideas touched by genius? Some say so, while others say you are mad. But who cares what other people think? It's what you want that matters.

Capricorn Dec. 22 - Jan. 20
The more reserved you have been in recent weeks the more likely it is you will give in to wild abandon. Don't worry too much if you make a spectacle of yourself.

Aquarius Jan. 21 - Feb. 19
You need to admit that you have taken a turn that you did not intend. You need to go back and do something about it. Unless you are enjoying this unexpected diversion.

Pisces Feb. 20 - March 20
Nothing in life happens without a reason and if you bear that thought in mind it should make it easier to deal with an event that on the surface seems senseless. Something sparked it off.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	2			5		6		

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